



The Blue Zones Solution: Eating and Living Like the World's Healthiest People

By Dan Buettner

Download now

Read Online 

The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner

In this groundbreaking book, Dan Buettner reveals how to transform your health using smart eating and lifestyle habits gleaned from new research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones"—those places with the world's longest-lived, and thus healthiest, people, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California.

With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In *The Blue Zones Solution*, readers can be inspired by the specific stories of the people, foods, and routines of our healthy elders; understand the role community, family, and naturally healthy habits can play in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your "tribe" of friends and family, and your greater purpose as part of your daily routine.

Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.

 [Download The Blue Zones Solution: Eating and Living Like th ...pdf](#)

 [Read Online The Blue Zones Solution: Eating and Living Like ...pdf](#)

The Blue Zones Solution: Eating and Living Like the World's Healthiest People

By Dan Buettner

The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner

In this groundbreaking book, Dan Buettner reveals how to transform your health using smart eating and lifestyle habits gleaned from new research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones"—those places with the world's longest-lived, and thus healthiest, people, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California.

With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In *The Blue Zones Solution*, readers can be inspired by the specific stories of the people, foods, and routines of our healthy elders; understand the role community, family, and naturally healthy habits can play in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your "tribe" of friends and family, and your greater purpose as part of your daily routine.

Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.

The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner Bibliography

- Sales Rank: #10090 in Books
- Brand: imusti
- Published on: 2015-04-07
- Released on: 2015-04-07
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x 1.10" w x 6.20" l, .0 pounds
- Binding: Hardcover
- 320 pages

 [Download The Blue Zones Solution: Eating and Living Like th ...pdf](#)

 [Read Online The Blue Zones Solution: Eating and Living Like ...pdf](#)

Download and Read Free Online **The Blue Zones Solution: Eating and Living Like the World's Healthiest People** By Dan Buettner

Editorial Review

Review

"Buettner's latest book, "The Blue Zones Solution," . . . takes a deep dive into five places around the world where people have a beguiling habit of forgetting to die."—*The New York Times*

"Bestselling author Buettner is back with a well-organized game plan for a long and well-lived life...This is a thoughtfully presented and well-written guide from which anyone—no matter where he or she is in the journey to better health—can benefit." --*Publishers Weekly*, starred review

"An ideal way to learn how to live longer and better is to study people who are doing just that. [Buettner] distills the deepest insights from the Blue Zones to light our path." --Mehmet Oz, M.D.

"*The Blue Zones Solution* elegantly combines deep investigation and science with practical advice and recipes, making it the rare book that belongs in both your office and your kitchen." --Daniel H. Pink, author of *Drive* and *A Whole New Mind*

"Buettner's initiative has the potential to dramatically change the way we think about health in America." --Walter Willett, M.D., chairman of the Department of Nutrition at Harvard School of Public Health

"Propagating the Blue Zones would not only prevent a rise in the prevalence of diabetes (and other such misfortunes); it would allow us to eliminate more than 80 percent of the burden we have now. That's revolutionary."

--David Katz, M.D., director of the Yale-Griffin Prevention Research Center

"If you want a delicious way to eat to 100, then this is perhaps the most important food book of your lifetime." --Andrew Zimmern, host of the Travel Channel's *Bizarre Foods*

"In this worthy successor to his 2009 best seller, *The Blue Zones*, journalist and health activist Buettner teases out the habits and practices of the people he deems the world's healthiest...Readers seeking a healthier lifestyle will appreciate this warm and encouraging book." --*Library Journal*

"A lot of science and research have gone into searching for the healthiest diets, but when it comes down to the Blue Zones, the proof is in the pudding: These people actually are living longer, healthier lives. One of the tricks? Lay off the pudding." --*Food and Wine*

"Cheater's Guide to Living to 100: 4 super-simple secrets to living longer, healthier and happier--from longevity expert Dan Buettner and centenarians around the world." --*Parade*

"These healthy living techniques might just convince you to start planning ahead for your 100th birthday party." --Dailyburn.com

About the Author

DAN BUETTNER is the founder of Blue Zones, an organization that helps Americans live longer, healthier lives. His groundbreaking work on longevity led to his 2005 National Geographic cover story "Secrets of Living Longer" and two national bestsellers, *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest* and *Thrive*. He lives in Minneapolis, MN. He can be found on Facebook and Twitter, and through his website bluezones.com.

From the Trade Paperback edition.

Users Review

From reader reviews:

Donald Mobley:

In this 21st centuries, people become competitive in each way. By being competitive today, people have do something to make all of them survives, being in the middle of the actual crowded place and notice by surrounding. One thing that at times many people have underestimated it for a while is reading. That's why, by reading a guide your ability to survive enhance then having chance to stand up than other is high. For you who want to start reading the book, we give you this kind of The Blue Zones Solution: Eating and Living Like the World's Healthiest People book as beginner and daily reading publication. Why, because this book is more than just a book.

Joseph Fulkerson:

Playing with family in the park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, in that case why you don't try factor that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love The Blue Zones Solution: Eating and Living Like the World's Healthiest People, you may enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its identified as reading friends.

Cheryl Fisher:

Is it a person who having spare time and then spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This The Blue Zones Solution: Eating and Living Like the World's Healthiest People can be the answer, oh how comes? It's a book you know. You are consequently out of date, spending your free time by reading in this fresh era is common not a geek activity. So what these guides have than the others?

Peter Beaton:

Do you like reading a e-book? Confuse to looking for your preferred book? Or your book has been rare? Why so many query for the book? But virtually any people feel that they enjoy for reading. Some people

likes reading, not only science book but in addition novel and The Blue Zones Solution: Eating and Living Like the World's Healthiest People or perhaps others sources were given expertise for you. After you know how the good a book, you feel would like to read more and more. Science book was created for teacher or maybe students especially. Those publications are helping them to include their knowledge. In additional case, beside science guide, any other book likes The Blue Zones Solution: Eating and Living Like the World's Healthiest People to make your spare time considerably more colorful. Many types of book like here.

**Download and Read Online The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner
#C9M73GLDAUO**

Read The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner for online ebook

The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner books to read online.

Online The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner ebook PDF download

The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner Doc

The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner Mobipocket

The Blue Zones Solution: Eating and Living Like the World's Healthiest People By Dan Buettner EPub